What is Taco Bell's seasoned beef made of?

We use 100 percent USDA premium beef in our seasoned beef. We prepare it much the same way you prepare taco meat at home: after simmering, it is drained of excess fat and pre-seasoned with our signature blend of 7 authentic seasonings and spices. It is then packaged with added water to lock in the flavor and for added moisture, and then shipped to our restaurants. Each of our restaurants prepares our beef following the same steps - ensuring that you're getting the same great tasting seasoned beef, no matter which of our restaurants you visit.

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At participating U.S. Taco Bell® locations. Contact restaurant for prices, hours & participation, which vary. Tax extra. 2,000 calories a day used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

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